

WHAT IS CLAIMED IS:

1. A generally planar skin-applied electrode pad comprising:
an electrode;
5 an adhesive configured to adhere the electrode to a patient's skin; and
a release sheet, a first portion of the release sheet covering the adhesive, and a second portion of the release sheet extending from the first portion and being folded so that the release sheet can be peeled away from the adhesive by pulling the second portion in a direction substantially parallel to the plane of the electrode pad.
- 10 2. The electrode pad of claim 1 wherein the electrode pad further comprises a conductive gel.
- 15 3. The electrode pad of claim 1 wherein said adhesive is non-conductive.
4. The electrode pad of claim 2 wherein said adhesive surrounds said gel.
5. The electrode pad of claim 1 wherein the release sheet is folded in a substantially U-shaped configuration.
- 20 6. The electrode pad of claim 1 wherein an edge of the second portion of the release sheet extends beyond an adjacent edge of the electrode, providing a pull-tab that can be grasped during removal of the release sheet.
- 25 7. The electrode pad of claim 1 wherein said release sheet is a sheet material selected from the group consisting of release-coated papers, plastic sheet materials, and polymeric films.
- 30 8. The electrode pad of claim 1 further comprising a cable constructed to connect the electrode pad to a defibrillator control box.

9. The electrode pad of claim 1 wherein said electrode pad is configured for use with an automatic, semi-automatic or manual external defibrillator.

10. The electrode pad of claim 1 wherein the release sheet is configured so that, as 5 the release sheet is peeled away, a fold about which the release sheet is folded travels in the direction in which the second portion is pulled.

11. A skin-applied electrode pad comprising:
10 an electrode;
an adhesive configured to adhere the electrode to a patient's skin; and
a release sheet covering the adhesive, the release sheet being configured to be removed while the electrode pad is held in a desired position on or against the patient's skin with a portion of the release sheet in contact with the patient's skin.

15 12. The electrode pad of claim 11 wherein the electrode pad further comprises a conductive gel.

13. The electrode pad of claim 11 wherein said adhesive is non-conductive.

20 14. The electrode pad of claim 12 wherein said adhesive surrounds said gel.

15. The electrode pad of claim 11 wherein the release sheet is folded in a substantially U-shaped configuration.

25 16. A defibrillator comprising:
a defibrillator control box;
a pair of electrode pads; and
leads connecting the electrode pads to the defibrillator control box;
wherein each electrode pad comprises:

30 (i) an electrode;
(ii) an adhesive configured to adhere the electrode to a patient's skin; and

5 (iii) a release sheet, a first portion of the release sheet covering the adhesive, and a second portion of the release sheet extending from the first portion and being folded so that the release sheet can be peeled away from the adhesive by pulling the second portion in a direction substantially parallel to the plane of the electrode pad.

17. The defibrillator of claim 16 wherein the defibrillator comprises an automatic, semi-automatic or manual external defibrillator.

10 18. The defibrillator of claim 16 wherein the electrode pads are integrally connected, forming an electrode pad assembly.

15 19. The defibrillator of claim 16 wherein the release sheet is folded in a substantially U-shaped configuration.

20 20. The defibrillator of claim 16 wherein an edge of the second portion of the release sheet extends beyond an adjacent edge of the electrode, providing a pull tab that can be grasped during removal of the release sheet.

22. The defibrillator of claim 16 wherein the release sheet is configured so that, as the release sheet is peeled away, a fold about which the release sheet is folded travels in the direction in which the second portion is pulled.

25 22. The defibrillator of claim 16 wherein the electrode pad further comprises a conductive gel.

23. The defibrillator of claim 16 wherein said adhesive is non-conductive.

24. The defibrillator of claim 22 wherein said adhesive surrounds said gel.

30 25. A method of applying an electrode to a patient, the electrode including an adhesive portion covered by a release sheet, comprising:

positioning the electrode on the patient's skin with the release sheet facing the skin and in contact with or closely adjacent the skin;

without lifting the electrode from the patient's skin, removing the release paper to expose the adhesive portion; and

- 5 adhering the adhesive portion to the patient's skin.

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